

CIGNA Well Aware for Better HealthSM

New Program – Targeted Conditions



Disease management is one of the most effective tools to help improve the health of employees with chronic health conditions. And improved health lowers costs. At CIGNA, that's what we believe, and that's what we do.

Our award-winning CIGNA Well Aware for Better HealthSM programs for Asthma, Cardiac, COPD, Diabetes and Low Back Pain have helped more than 1.5 million people manage their chronic conditions, improve their health, and reduce costs. In fact, our programs boast some of the strongest results in the industry – collectively delivering cost reductions of between 10 to 11 percent.

Building on this success, we're expanding our disease management focus to add a new program, Targeted Conditions, which addresses the next level of health care problems that contribute to costs.

TARGETED CONDITIONS

- *Collectively, these conditions affect between 2.5% and 4% of the U.S. adult population.¹*
- *Members with these conditions have more than twice the average annual medical costs.¹*
- *These conditions contribute significantly to lost productivity and disability costs.*

Targeted Conditions represent the "next level" of health care problems that contribute to costs, after the more common chronic illnesses like diabetes and heart disease.

They include:

- | | | |
|--------------------------|------------------------------|------------------------|
| – Acid-related Disorders | – Hepatitis C | – Osteoarthritis |
| – Atrial Fibrillation | – Inflammatory Bowel Disease | – Osteoporosis |
| – Decubitus Ulcer | – Irritable Bowel Syndrome | – Urinary Incontinence |
| – Fibromyalgia | | |

For common definitions see reverse.

Members who have one or more of these 10 medical conditions will receive assistance from disease management nurses to help ensure they are using appropriate medications, getting needed medical treatment to avoid complications, and making lifestyle changes that can lessen the severity of symptoms or prevent recurrence.

By packaging these conditions together, we're able to offer employers a cost-effective solution to managing the "next level" of conditions that are negatively impacting employee health, quality of life, productivity and health care costs. CIGNA will expand its relationship with our trusted partner in disease management, American Healthways, to deliver these programs.

ADVANTAGES FOR EMPLOYERS

- Healthier employees and dependents
- Reduced health care costs
- Improved employee productivity

ADVANTAGES FOR EMPLOYEES

- Personalized support and coaching
- Improved health and quality of life
- Lower health care costs

¹. CIGNA estimates.

TARGETED CONDITIONS – DEFINITIONS

Acid-related Stomach Disorders

Acid-related stomach disorders, sometimes referred to as dyspepsia or peptic ulcer disease, are described as a pain or an uncomfortable feeling in the upper middle part of the stomach. Often dyspepsia is caused by a stomach ulcer or acid reflex disease.

Atrial Fibrillation

Atrial fibrillation is a heart rhythm disturbance that causes an irregular, and sometimes very fast, heartbeat. It occurs when the upper chambers of the heart, called the atria, contract in a rapid, uncoordinated way. The most serious complication of atrial fibrillation is a stroke caused by a blood clot in the brain.

Decubitus Ulcers

Decubitus ulcers, also known as pressure sores or bed sores, are areas of injured skin and tissue over bony parts of the body. Sitting or lying in one position for too long initiates the skin breakdown. This constant pressure reduces the blood supply under the skin, and when the blood flow becomes too low, a sore may form.

Fibromyalgia

Fibromyalgia is a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Symptoms include pain in the muscles, ligaments and tendons found in a defined pattern known as “tender points” and are associated with widespread aching, stiffness and fatigue that comes and goes. Many individuals with fibromyalgia have symptoms of depression, anxiety, sleep disorders and irritable bowel syndrome.

Hepatitis C

Hepatitis C is one of the three main types of viruses that can infect the liver. Hepatitis is an inflammation of the liver that impairs the organ from performing its normal function of breaking down waste products in the blood. Hepatitis C is usually spread through contact with blood products, like being stuck accidentally with a used needle, sharing IV drug needles, getting tattoos from contaminated needles or receiving a blood transfusion before 1992. The virus may also be sexually transmitted or spread by sharing razors or toothbrushes with an infected individual. Many individuals with hepatitis C do not show any symptoms for several years.

Inflammatory bowel disease

Inflammatory bowel disease (IBD) is a general term that covers two specific disorders: Crohn’s disease and ulcerative colitis. Crohn’s disease is an inflammation that can affect the entire gastrointestinal track. Ulcerative colitis is an inflammatory disease of the colon and rectum. Both conditions are chronic. When active, the symptoms are similar: abdominal pain and swelling, weight loss, fatigue, and blood or mucus in bowel movements.

Irritable bowel syndrome

Irritable bowel syndrome (IBS) is a long-lasting problem of the large intestine associated with a specific cluster of chronic abdominal symptoms, including painful cramps, altered bowel habits and gaseousness, in the absence of organic pathology.

Osteoarthritis

Osteoarthritis (OA) is a disease that causes the breakdown of the cartilage in joints. The aim of treatment is to keep the joint working by reducing strain and by relieving pain, stiffness and swelling.

Osteoporosis

Osteoporosis is a metabolic bone disease marked by a decrease in the amount of bone tissue, which produces brittle, fragile bones that fracture easily. Most individuals have no symptoms until their bones break. Sometimes early in the disease, individuals may have a backache and become round shouldered.

Urinary incontinence

Urinary incontinence is an uncontrollable leaking of urine from the bladder with several possible causes, such as torn or damaged pelvic muscles, enlarged prostate gland, Parkinson’s disease, stroke, multiple sclerosis, over consumption or infection.



CIGNA

A Business of Caring.

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596076 6/05 © 2005 CIGNA